

The EXCLUSIVE Newspaper of George Brown College, Toronto

# dialog

george brown college

OCTOBER 27 - NOVEMBER 10, 2000

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## SHOUTING DOWN THE TORIES

Vice-President, Nightingale, Maргanne Mooney gives the speech of her life. See page 9

## SHANAHAN, MOONEY BIG WINNERS IN STUDENT ASSOCIATION BY-ELECTION

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& MUCH MORE...

by Penelope Hyde-Smythe

**S**tudents of George Brown College elected Jodi Shanahan as President of the Student Association (SA) in a By-Election held October 11-13, 2000. Also elected was Maргanne Mooney as Vice-President of Nightingale campus. Students were also asked to vote yes or no for Jenna Andersen as First Year Representative at Nightingale, Miriam Somers as First Year Representative at St. James, and Anil Bhatoe as Community Services Representative at Nightingale campus.

In the race for president, Shanahan defeated challenges

from Nursing student Milton Grace and Kevin King, chair of Mel Lastman's Youth Cabinet. Mooney was challenged by Kisha Perry, an Early Childhood Education student.

Shanahan and Mooney are no strangers to student politics. Shanahan was elected in February 2000 as Vice President-Education. She took over in June as President when Drew Sauveur resigned. Mooney, feminist and education activist was appointed Vice-President Nightingale.

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contact:

Sharon Kamassah,  
Life Works Manager,  
Room 165B,  
St. James Campus



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# OPINION

Mike Harris:

## Do you think you can buy me for a lousy \$107?

by Allan Stokell

So my cheque finally came in the mail today. That's the dividend cheque the Mike Harris Tories are sending Ontario tax payers in in lieu of having viable social programmes in this province. My cheque came to a pesty \$107.

What can I do with this poor sum? I

probably  
couldn't go out  
on the town  
and spend  
\$107. Mike, if  
you are going  
to try to bribe  
me into  
acquiesce over  
your lousy  
government cuts, you had better send more than \$107.

How many children are going to sleep hungry tonight Mike? How many kids don't have enough textbooks in their school room? (I know mine doesn't.) How many single moms and their kids are in hostels, how many homeless people have died, how many sick people are sicker or even dead?

How many people have you murdered Mike, so you can send me this lousy \$107?

The real question is, what can I do with this money? Should I do as greedy Mike says and spend it on myself, or should I do as the collection of religious leaders suggest and give it to charity?

Any one who works with students knows how much this sector has suffered at the hands of the Tories. More than a billion dollars has been cut from provincial budgets since the Tories took office. Children are forced to go onto their streets and beg for help

from their neighbours if they wish more than the meager bear-bones, no frills education they are receiving.

Our college is suffering too. Sure they gave us 28 million as part of the Super-Build programme, but that money is slated for building only. How can we afford the best equipment and instructors when they are taking away funding because of our Key

Performance

Indicators

(KPI)

Results.

There are lots of people who need my \$120, good people

suffering because of the greed of a few.

What am I doing with my \$107? I'm giving it to the Life Works Centre here at George Brown. The Life Works Centre coordinates many of the social help agencies in our community.

In fact this government has proved to me pretty bad at managing their money. They cut millions from health care and then were forced to put it all back and still our health care is in chaos. The next government at Queen's Park will have to do the same for education because today the Tories are providing third world education in the name of tax savings.

My father used to warn me not to try to find simple solutions to complex questions. Only the simple will continue to support the Tory house of cards.



Dear Ernie Eves,

We were dismayed to receive at taxpayer expense a whole lot of Tory propaganda, along with \$200 checks for my husband and myself. To begin with, I do not take bribes, especially bribes which have been taken from the mouths of hungry children (half a million children on welfare when you began, all hungrier because of you, who knows how many more now, and working poor families as well). We also do not take money from the homeless and from the many made homeless by your policies, or the working poor made poorer by more of your policies, nor are we grateful for the environmental degradation under Harris and your ilk which has doubled lung disease in Ontario, and made my non-smoking husband one of a new breed of emphysema victims. You have a lot to answer for, and since all of us cross over at some time into the next realm of the spirit, you will have that opportunity.

I am merely writing to give our response to how we will deal with this money which is soiled with the cries of the poor, un-housed, and hungry.

We will not give it to a charity to try to replace the many millions you have taken from essential government services which are a right of all.

Admirable as these helping programs are, they cannot replace universality of service. Every penny of your bribes should go, as ours does, to groups organizing the poor to advocate for themselves, and to educate a public deluded by the media owned and dominated by the wealthy and the corporations. So, Ernie Eves, our tax "refunds" and our tax cuts, and much more besides will be sent directly to little OCAP, which speaks with and for the poor, a wonderfully yeasty group with the integrity you utterly lack. The Bible is one of the many world sources which reminds us that the God of every religion commands above all that we honour and cherish the poor and marginalized. Don't say, when you face the ultimate spiritual challenges of your life, that no one ever told you.

Rabbi Meir Tamani says eloquently, "While a society can exist with cruel and selfish individuals, the moral decay that sets in when cruelty and callousness become hallmarks of that society marks it for Divine retribution." That says very clearly that we can survive a Paul Bernardo and a Clifford Olson, but when we cut the pitiful welfare allowances of the poor, and pass legislation making housing less affordable and forcing more and more onto our streets, while passing out tax cuts to folks like us, then we may indeed be doomed. I recommend that all who want to do their bit to redeem us send their tax cut, and a letter like this, to OCAP or the Toronto Disaster Relief Committee, or one of the other amazing and courageous groups fighting for the survival of the growing numbers we are oppressing. For in a world where greed is becoming a cancer, your own children and grandchildren are not safe either. You and your government have lied to us and divided us, but I am one citizen here to say: you cannot bribe those of us who still stand for community and integrity.

Sincerely,

Ruth Morris  
morris@yorku.ca

## First Nations Uprising

by BONI

"There go them Indians again!" "What the hell do they want?"

Yup, folks, I have heard it all especially now with the Mik Maq fishing war. No matter how much the Canadian government and media want to whitewash this event it IS a war and Canada is the aggressor. The Mik Maq nation has a legal right to fish as they see fit in their own waters and to plan their own ecological preservation program. No outside nation has a legal, or moral right to stop them from exercising those sovereign rights.

Well, let me wrap your brains around some historical reality right here and now. We do not live on our own land because Canada allows us to live here. We live here because this is the land of our ancestors for 10,000 years and probably since the dawn of man. European anthropologists have many theories but no concrete proof that we ever came from somewhere else. We have title to a much larger land base than simply small reservations scattered hither and yon. Many nations never agreed to treaties allowing European/Canadian people to land parcels at all. Treaties were drawn up to ALLOW outsiders certain parcels of land—not to allow us small chunks of our own ancestral territory.

When Europeans landed we knew what treaties were—agreements outlining territorial living conditions.

Our ancestors knew how to draw up such an agreement knowing that signatory nations could live in peace without infringing on the rights of another nation to live in political, economic and social security.

For example, only 25% of the province of Quebec is actually treated. Consequently, Native people have the right to 75% of the Quebec land base and waters. The Natives in Quebec would be within their legal rights to declare war against any non-natives living, working, hunting, fishing or anywhere but within those confines. In clear terms, if we did not sign a treaty allowing Canadians to live there, you are breaking international law.

Now, the Mik Maq and many other nations signed treaties allowing Europeans to fish in a certain area. Along comes this new (and to us, 125 years old is very new) foreign government stating, "We are going to tell you

what to do with your fishing rights, how much you can fish and when." This is a clear case of bullying by the Canadian government. If the Canadian government went to a small nation such as Thailand and said, "We are going to fish here. Furthermore, we are going to tell you how much and when you can fish IN YOUR OWN WATERS."

NATO would jump on

Canada as an aggressor, send in peacekeeping troops and force the Canadian government to stop interfering with the rights of another nation. NATO has in fact, sided with Aboriginal rights in this country and countless times accused Canada of not living up to treated agreements then forcing Native people to live in abject poverty while unlawfully accumulating billions of dollars worth of prime real estate.

The Mik Maq not only already had fishing rights—they then defended those rights successfully in a Canadian court. Yet the fishing ministry continually breaks the laws set by its own government and brutalizes the men, women and children of another sovereign nation who are legally exercising their right to fish in their own nation. The Natives are not committing "rebellion". The Fishing Ministry is committing an act of war.

It is time the rest of this nation said, "NO!" in solidarity with the rights of this small nation struggling to feed its children.

Comments can be sent to:  
[MetisRebel@hotmail.com](mailto:MetisRebel@hotmail.com)



# OUR COMMUNITY

## DISABILITY ISSUES: WHO CARES?

by Judith Allan

Some of you may be aware of the battle for equal access legislation that has been going on between the Ontario Government and the disabled population of Ontario; and judging from recent news, it's far from over.

During their election campaign in 1995, Mike Harris' Conservative Party promised to introduce legislation that would remove the barriers that people with disabilities face in their everyday lives. To date, despite much lobbying from various groups, the provincial government has yet to keep that promise.

In a virtual re-run of the 1998 fiasco, when a useless Disability Act Bill was introduced to the Ontario Legislature, a recently leaked Cabinet document says that the Ontario government plans, once again, to introduce a bill that has no substance. This new piece of Legislation will enforce nothing! It makes no provision that existing barrier be removed from either the public or private sector and will not prevent the creation of new barriers.

Among the reasons for the lack of any substance to this proposed Bill that are cited in the document are that a survey undertaken by the government in June, showed that the

general public has no real interest in this issue, and that because of this, a broken promise will not effect the Conservative Party's public ratings!

Maybe its time to tell them how wrong they are; that the people of Ontario really do care if others don't have equal access; that all Ontarians should be able to work, get an education, and enjoy all the activities that the non-disabled population take for granted.

If you want to share your view on the new Ontario Disability Act and how this proposed legislation is a letdown for Ontarians with a disability, give Mike Harris a call.

You can call Mike at:

Queens Park (416) 325-1941 (voice)  
(416) 325-7702 (TTY)

North Bay (705) 478-8340 (voice)

Sturgeon Falls (705) 753-2560 (voice)

For information on how you can help in the fight for a fair and reasonable Ontario Disability Act, contact the Ontario Disabilities Act Committee through their web site at <http://www.indie.ca/oda>.

## ATTENTION!!!

### Community Service Students St. James Campus

Child and Youth Workers Program  
Community Work Program  
Human Services Counsellor Program  
Pre-Interpreter Program  
Personal Support Worker Program  
America Sign Language Program  
Career and Work Counsellor

**Those people who are interested in taking part of an experience, that serves your concerns.  
Food is provided with refreshments.**

### Student Representative Council (SRC) Community Services

#### What is the SRC?

It is a group of students that wish to support other students in their academic life, while at George Brown.

#### Who runs it?

#### Who can be a part of a SRC?

The students who are in an academic program division or section. (e.g. Community Services) which includes Community Worker Program, Child and Youth Worker, Human Services Counsellor. Those students who are in these programs can be a part of one.

#### What can we do?

We can put on a workshop that would help us become better at our work. We can have speakers come and talk with us on any topic we choose. We can have fundraisers for different projects that we support or something we would like to do.

Those interested in attending the first meeting of the SRC for Community Services. It is on

**November 15th, 2000 @ 4:30pm.**

This meeting will be at the -  
**STUDENT ASSOCIATION  
QUIET LOUNGE.**

- This meeting will be a discussion on:

Creating Community and the services we provide, for ourselves. All are encouraged to come out and participate or for fellowship. Snacks will be provided, those that come.

**Any Questions, you can call:**  
**Udana (416) 415-2900 ext. 89074**  
**Mark (416) 466-8089**

## The LGBT CENTRE IN ACTION!

by Alex Robinson

I would like to take this opportunity to welcome all students to the Lesbian, gay, bisexual, transgender, association otherwise known as the LBGT Centre. The LBGT has grown from a social club to a resource area operating through the Life Works Centre of the Student Association. The LBGT was created to provide students with a safe and supportive space to discuss ideas and organize functions. Our larger goal is to create an atmosphere of acceptance and support within all our campuses.

I have been recently hired as the LBGT Student Placement Coordinator for the 2000/2001 school year. Seeing the LBGT Centre has just been established over the last few months, I have the challenge of putting the pieces of the puzzle together. My initial aim is to develop liaisons and joint initiatives with other university and college Pride associations. I also intend to continue fostering more positive attitudes towards different lifestyles by further extending into the community through educational outreach, event organization and fundraising activities.

The LBGT cannot exist in a vacuum; without student involvement and support, none of the Student Association spaces can flourish. To make sure the LBGT reflects the creativity and progression of the student body, we are in the process of building a collective. We encourage pro-LGBT students to get involved! Becoming a member of the LBGT collective will give students the opportunity to air opinions, discuss Socio-political issues set the direction of the Centre and thus begin to remove some of the barriers that separate us from one another. Anyone who decides to associate with the LBGT Centre will be given the respect of confidentiality and anonymity.

If you would like to participate in the initiatives of the LBGT Centre or have any questions or concerns, please feel free to drop by or contact us. We are at:

St. James Campus, Room 165B

You may phone me or the Life Works Manager, Sharon Kamassah,  
@ 416-415-2846

Fax number is 416-415-2491.

Or e-mail me at [arobinson30@hotmail.com](mailto:arobinson30@hotmail.com)

From all of us at the LBGT Centre, WELCOME!

# 11...12...13...swallow.

by Antonio Siracusa

Sunday April 30th, 2000  
5:30AM

My eyes open wide with such startling force that I feel as if a train has hit me. Darkness. Darkness all around me is I can see. A sudden lurch in my stomach instinctively makes me jerk my bed sheet covers away and I jump out of bed. I run to my basement washroom so my parents won't wake up upstairs hearing what I am about to do. I run to the toilet, lift the seat and vomit. The stuff that ejects out of my mouth is so vile it makes me vomit even more, constantly that I can't even stop. As soon as I have a split second to catch my breadth I notice something and say to myself... "Oh shit, I'm still alive."

Saturday April 29th  
11:52PM

I hate being alive, I hate myself and I hate life. I'm sitting in front of my computer staring at the screen. A pitcher of water and a glass sit next to my keyboard on my desk. 25...26...27...28...I fill the glass with water and swallow. I just want to die, I feel so utterly alone. 29...30...31...32...33...swallow. On my computer screen is an email I wrote saying goodbye to all my friends - or should I say my 'so called friends'. Friends that I've never really felt a part of because I'm so different, because I never feel like I fit in

with them no matter how hard I try.

34...35...36...37...swallow. I'm so sick and tired of the bullshit I have to put up with every day of my life. I'm just sick and tired of being alive. I move my mouse cursor and click SEND. I pour another glass of water. 38...39...and I pop the 40th extra strength Tylenol pill in my mouth. Swallow.

Sunday April 30th  
7:15AM

My mother finds me hovering over the toilet seatreaking out because she doesn't know what's wrong with me. I do, but I'm not going to tell her. I'm still pissed off that I'm still here in this world. When I'm finished in the washroom I head to my bed knowing that I'm going to run back to the washroom within 10 minutes time.

10:00AM

"Fine, take me to the hospital." After several times saying no to my parents' offer to take me to the hospital I finally agree to go. The pain is just too much for me to handle anymore. I feel as if my stomach is going to explode literally. Within half an hour I'm at the emergency department at Sunnybrook Hospital. Eventually I'm sent to a room and a nurse comes to check up on me and asks me if I know why my body is acting the way it is. I reply and so I don't know why. I then look at my mother sitting across from me and reconsider my answer. "I do know what's wrong

with me" I say. My mother breaks down and cries when she finds out the truth.

A few weeks later, after being released from the hospital, I'm set to see a psychiatrist. Doctor Ryan is his name. At our first session I am extremely nervous. First Doctor Ryan asks me what my name is. "Antonio" I reply. Second question..."Are you straight, gay, or bi?" I stare at him for a few moments. I then lower my head in shame and say, "I'm gay."

Does this sound familiar?  
Looking for a safe space or place to be around people like yourself?  
Tired of being isolated and alone?

The LGBT (Lesbian, Gay, Bisexual, Transgendered) Centre offers a space to meet, socialize, and discuss issues revolving around the LGBT community. There is a Rainbow discussion group happening on a weekly basis.

Please call for more details.

Antonio Siracusa -  
Rainbow Discussion Facilitator  
Alex Robinson - LGBT coordinator or  
Sharon Kamassah - Life Works Centre  
(416) 416-2846 for more information.

## CHANGE IS GOOD - and I'm not talking quarters!

by Lori Foran

Have you ever looked at a company's new product (or service or commercial, etc.) and said to yourself "now why'd they go and do that!"? Perhaps, in your opinion, things were rolling along just great with the Pillsbury Company before the implementation of "Grands". Or, maybe you're still shaking your head in wonder at that crazy invention known as the "CD". But let's face it folks, in "Generation D(igital)", change is a part of life. As my rather outspoken uncle used to say, it's either shit or get off the pot.

The reason I bring up the issue is because change has become an integral part of our vocabulary here at the Student Association. We have been on an evolutionary merry-go-round for quite some time. For as the school grows and changes, so too must the Student Association. We need to meet YOUR needs or we run the risk of resembling the Great Pyramids - a really interesting concept but what were they for, anyway?

The newest change at the old SA is one you may or may not have noticed. The Student Association has become the proud owner of Second Cup and Subway franchises. That's right - we have bought into Corporate Canada not once, but twice! I can hear the grumbles and groans now. "Why'd they go and do that!" It's simple - we are trying to meet your needs. You need a job and through the franchises, we provide student jobs. You need a student lounge to hang out in and we need to have it cleaned. That's right - every dollar that you spend at either franchise inevitably goes back to students. Profits are used to maintain student space, support student services, employ students and ensure that we don't need to raise your student fees. I'd say that was worth the price of a cold cut trio.

So come and check out our coffee and subs in the St. James student lounge. Your change will help us continue to change for the better!

### Attitude

The longer I live, the more I realize  
The impact of attitude on life.

Attitude, to me,

Is more important than facts.

It is more important than the past,  
than education, than money,  
than circumstance, than failures,  
than successes,

than what other people think or say or do.

It is more important  
than appearance, giftedness, or skill.

It will make or break

A company....a church....a home.

The remarkable thing is  
we have a choice every day  
regarding the attitude we will embrace  
for that day.

we cannot change our past...

We cannot change the fact that people  
will act in a certain way.

We cannot change the inevitable.

The only thing we can do  
is play on the one string we have;  
and that is our attitude.

I am convinced that  
life is 10% what happens to me  
and 90% how I react to it.

Author Unknown

# WE'VE GOT ISSUES

The Dialog Collective, your community newspaper will be holding a special meeting here at **CASA LOMA CAMPUS** on Wednesday, November 01/00 The Women's Centre @1:30 pm Share your stories, ideas, suggestions and complaints.

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COLLECTIVE  
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[www.gbrownnc.on.ca/SA](http://www.gbrownnc.on.ca/SA)

# ON CAMPUS

## EVERY WOMAN SHOULD HAVE...

One old love she can imagine going back  
to...  
And one who reminds her how far she has  
come...

Enough money within her control to move  
out  
and rent a place of her own...  
even if she never wants to and needs to...

Something perfect to wear if the employer  
or date of her dreams wants to see her in  
an hour...

A youth she's content to leave behind...

A past juicy enough that she's looking  
forward to retelling it in her old age...

the realization that she is actually going to  
have an old age and some money set  
aside to fund it...

a set of screwdrivers, a cordless drill, and  
a black lace bra...

one friend who always makes her laugh...  
and one who lets her cry...

a good piece of furniture not previously  
owned by anyone else in her family...

eight matching plates, wine glasses with  
stems, and a recipe for a meal that will  
make her guests feel honoured...

a resume that is not even slightest bit  
padded...

a feeling of control over her destiny...

how to fall in love without losing herself...

how to quit a job, break up with a lover,  
and confront a friend without ruining the  
friendship...

when to try harder...  
and when to walk away...

how to have a good time at a party she'd  
never choose to attend...

how to ask for what she wants in a way  
that makes it most likely she'll get it...

that she can't change the length of her  
calves, the width of her hips, or the nature  
of her parents...

that her childhood may not have been  
perfect, but it's over...

what she would and wouldn't do for love  
more...

how to live alone, even if she doesn't like  
it...

whom she can trust, whom she can't,  
and why she shouldn't take it personally...

where to go,  
be it to her best friend's kitchen table,  
or a charming inn in the woods, when her  
soul needs sooth...

what she can and can't accomplish in a  
day, a month, and a year.

ANONYMOUS



## DID YOU KNOW THERE IS A GEORGE BROWN COLLEGE SONG?

## the WOMEN'S CENTRE

by Ann Robinson

The St. James Women Centre is now open for fall 2000. Located in room 159A, across from the Lifeworks Centre. The Centre will serve as a safe, quiet space for women to access information on various issues such as community activism and referrals. It will also be a place to meet and socialize with your peers.

The Centre at Casa Loma and Nightingale Campuses are also open. The Coordinators for the three sites are Ann and Zarha. The centres will be kept open at various times with the help of volunteers, whose time and effort is always appreciated.

Upcoming events include a clothes exchange, movie and discussions, guest speakers and a fundraising campaign for a computer for the centres. A Gala opening in January 2001 will be held for the LifeWorks Centre, The umbrella organization for Women's Centre's of George Brown College.

We are in need of volunteers and any donation you may think is useful for the Women Centre.

Please contact:  
Ann, Zarha, or Sharon  
(Lifeworks Manager)  
@ 416-415-2846

Fax number: 416-415-2491  
or visit us at the St. James Campus,  
Room 165B.

On the behalf of The Women's Centre,  
**WELCOME!**

GEORGE BROWN COLLEGE SONG

Words and Music by  
Margaret Bond  
Choir Director

George Brown College we are proud to be  
Let us make a joyful noise  
We are of the Community  
We are many whilst we are few and chosen  
Don't let us be a people always down  
In our glad refrain  
There will be a welcome when you come again (Three)  
Romeo's gone! There will be a welcome when you come again.

(Last verse finale)

## CONFRONTING and PREVENTING HARASSMENT

by Lois Athanaslu  
Counselling, Student Affairs

A new exciting one hour interactive workshop, "Confronting and Preventing Harassment", is now available for presentation in your classroom. It utilizes superb videos with actors from the GBC Theatre Arts program and lively discussion led by a well-trained team of student facilitators. The workshop covers topics chosen from racism, sexual harassment, ableism and homophobia.

Situations that might be encountered either in the college or at work are portrayed, with the opportunity to discuss

how to stop the harassment that is taking place, shift attitudes and change behaviour.

"Confronting and Preventing Harassment" was developed to align with the equity goals of the college to prepare GBC students to study and work in a diverse environment.

This workshop was designed in-house by a team of students and staff (the Human Rights Advisor and staff from Counselling, Career & Employment Services and Deaf and Hard of Hearing Services, Student Affairs). It was piloted last spring (before the videos were produced) in four classrooms and was enthusiastically received.

The videos feature open captioning (like sub-titles) for the deaf and hard-of-hearing.

Let your professor know you would be interested in having this workshop come into your class! (It's also part of the Passport Program).

Faculty members can call Barbara Simmons at X2105 to schedule the workshop.

As part of the college's recognition of Human Rights Day, come celebrate the launch of this project on December 7 from noon until 2 p.m. in the lounge area outside 578C. Preview some of the videos and meet some of the people who worked behind the scenes.

## Student Benefits Office

Please note that refund cheques will be available in the benefits office, at the campus you attend for those students who opted out before the deadline of September 29 and will be available once all fees to the College are paid in full (sometime late October, or early November). Watch for campus postings!

# World March Of Women - 2000

by Jessie Chabot & Udana Muldoon

At 6:00 am Sunday, October 15, thirty-five George Brown students loaded onto a bus at Nightingale campus. Although it was very early, the women were full of excitement and

social housing.

3. Set up the promised national child-care fund, starting with an immediate contribution of \$2 billion.

4. Increase Old Age Security payments to provide older women with a decent standard of living.

5. Use the surplus from the Employment Insurance Fund to increase benefits, provide longer payment periods and improve access, as well as improve maternity and family benefits.

6. Support women's organizing for equality and democracy.

7. Fund consultations with a wide range of women's equality-seeking organizations prior to all legislative reform of relevance to women's security and equality rights.

8. Implement a progressive immigration reform.

9. Contribute to the elimination of poverty around the world.

10. Adopt national standards which guarantee a right to welfare for everyone in need and ban work fare.

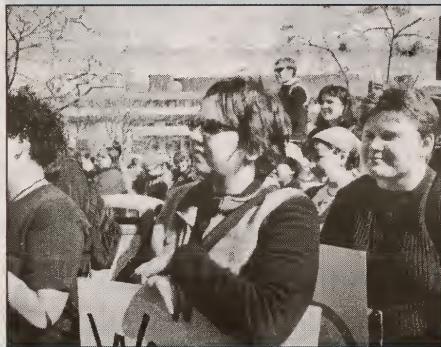
11. Recognize the ongoing exclusion of women with disabilities from economic, political and social life and take the essential first step of ensuring and funding full access for women with disabilities to all consultations on issues of relevance to women.

12. Establish a national system of grants based on need, not merit, to enable access to post-secondary education and reduce student debt.

13. Adopt proactive pay equity legislation. As a campaign adopted by the Canadian Federation of Students (CFS), the Student Association of George Brown College was actively involved in the Toronto World March organizing committee. Stemming out of this committee was further demands to be made to the Federal Government:



anticipation for the events about to unfold. This was the day that the Ottawa group would rally for the World March of Women, an international campaign involving women from



130 countries.

Once on the bus, the early-morning hour did not prevent impassioned discussion between the women as they discussed the importance of their day ahead.

Most women had never been part of a national political demonstration, and were eager to mobilize.

In Canada, the Canadian Women's March Committee, a coalition of national feminist and labour groups, has worked together with organizations from the women's movement, students, anti-poverty groups, and churches, to develop the national demands on the Federal Government. From the 55 demands put forward when the march began, thirteen were chosen as the Ottawa focus. These demands would focus on the eradication of women's poverty and the intersection of poverty and violence against women. They are as follows:

1. Restore federal funding to health care and enforce the rules against the privatization of our health care system, beginning with Alberta.
2. Spend an additional 1% of the budget on

1. Stop the Harris government attacks on social services and programs for working people.

2. An end to all forms of systematic racism against Aboriginal women, immigrant women and all women of colour.

3. No roll back of reproductive rights. We (the Toronto organizing committee) support a woman's right to choose an abortion and full access to free abortion.

4. Full rights for lesbians.

When the bus dropped women off at the student contingent portion of the March, women headed to the rally armed with picket signs, stating such slogans as "Poverty is Violence", "Fight Fat Phobia" and "Better Gay than Stockwell Day!". After the rally, women headed out to the march, riled up from the amazing speakers and performers they had just heard. On the march the women joined up with over 50,000 people from all over Canada. As we marched up on Parliament Hill, shouting



"Together, United We Will Never Be Defeated!!" the phrase reigned true. It was an invigorating and rewarding experience. On the long bus ride home, women recapped the day's events and their fulfillment of being part of such a tremendous political event.

## "Better gay than Stockwell Day!"

# Our Community

The speech given Student Association Vice-President, Maurganne Mooney to a rally of college and university students protesting the tory bill to privatize universities.

**by D. Maurganne Mooney**

My name is Maurganne Mooney. I am the Vice President of Nightingale Campus of George Brown College's Student Association. I am thrilled to be here today. Mr. Harris I have been waiting six long years for the opportunity to tell you off publicly. The policies of your government are oppressive and restrictive to those in need in this province, and no amount of propaganda will change the level of devastation you have caused this province.

For the last six years I have been running just one step ahead of the devastation. The first month my government came to power the self-employment program I was in was cancelled. This program allowed single parents the opportunity to start their own business and become self-sufficient. The second month you were in myself and my two small daughters age 2 years and 10 months old were evicted from

We lived there for three months before getting priority housing. Subsidized housing you threatened to sell off. When I move in got a job as a

have attempted to destroy.

Here I am today. I am attending both George Brown College and York University. I work two jobs just to pay my rent and expenses. As Vice President of the student government of George Brown College I see students everyday that cannot

see the same faces over and over again because you have placed the poor in a box. You know, I get a kick out of the news articles you have bragging about spending hundreds of thousands of dollars to find 70 cases of welfare fraud in Ontario.

Keep attending your \$500 plate

**Mr. Harris, I have been waiting six long years to tell you off publicly...**

Telemarketer. The first year of work I went through 7 babysitters because there were no subsidized spaces available. When my children started schoolteachers were not willing to provide any extras for their students you made to education. The teachers went on strike and my kids spent a large portion of their first year at home.

My oldest daughter was having trouble in school. I called to have her assessed at the Children's hospital in Ottawa and was told that it would be two years before she could be assessed. I had my first experience with privatized health care, when I spent 1 month's pay (\$800) to have my daughter assessed. Amazingly enough when you have the money she was seen within a couple of days. The doctor assessed that she had Autism

and ADHD. When I returned to the school with the results the school then decided that they would run their own assessment because they did not have the money to provide the in class supports my daughter needed.

I am sharing my story because I am only one woman. One of the many people in this province you

afford to buy the books they need for their courses. They come to my office in tears because OSAP declined their application due to a poor credit rating. Lets think about this for a second OSAP is for lower

luncheons. But you know I am a firm believer in Karma. What you put out you get back ten times over. Mr. Harris pray that in your next life you will not be born in this province. I suspect in your next life you will be poor, a

**"Finally, you will pass away in an emergency room waiting area and the day of your passing the government will issue \$200 cheques to affluent taxpayers."**

income earning families for the purposes of accessing education. If you are poor what do you think the chances are that you may have some unpaid bills? When tuition goes up and OSAP does not reflect the need of the student they are living for eight months trying to study without any money.

My second job is at a women's shelter. Staff work very hard to help those in need of housing only to feel that we are putting a band-aid on the cancer you have caused. In the shelters of Ontario it is not uncommon to

women with many children that you cannot afford to feed, you will not know how to read or write because you can't afford to go to school. When you are evicted because you can't pay your rent you will not be able to find shelter because they will be full. Finally you will pass away in an emergency room waiting area, and on the day of your passing the government will issue \$200 cheques to affluent tax payers that could have paid for your education, housing, shelter and the medical attention that could have saved your life.



our home due to the cuts to benefits for single parents. Your government said eat plain spaghetti and dented tinned tuna, go to the church and if you can't afford to feed your children give them away. On a cold October night we were sent to a shelter in Ottawa (ironically one that you had slated for closure).



# HOW TO GET FIVE FRUITS & VEGETABLES A DAY

by Maribelle Bacod

If you follow through on just one nutrition resolution this year, eating more fruits and vegetables - at least five servings a day - should be the one.

Fruits and vegetables are full of nutrients, and most are low in fat and calories. In addition, they contribute to health and possibly disease prevention - and you can't get them from a vitamin pill. Eating five servings a day may sound difficult, but it's simpler than you think.

**Tip 1: Include fruits and vegetables at every meal**  
If you eat three meals and a couple of snacks a day, getting in at least five servings can be easy. Here are some suggestions for incorporating them into every meal and snack.

**BREAKFAST:** A spinach omelet

A bagel or toast topped with low-fat cottage cheese or cream cheese  
Pancake or waffles topped with fruit  
A smoothie made with frozen berries, fruit juice or milk and yogurt

**LUNCH:**

A mixed vegetable salad; a sandwich with added lettuce, and tomato,  
Cucumbers and carrots  
Vegetable-based soups  
Veggie pizza or quiche with side

**DINNER:**

salad  
Vegetable lasagna  
Pasta with vegetables  
Salad topped with grilled poultry or beef

**SNACKS:**

Apple  
Pear  
Yogurt with fruit  
Pre-cut vegetable sticks with dip

**Tip 2: Go for Convenience**

Frozen and canned fruits and vegetables are nutritional alternatives to fresh produce and can save a lot of preparation time especially with school or work. If you prefer fresh, there are more pre-washed, pre-cut varieties than ever to choose from, and the convenience is worth the extra cost. Salad bars also offer a convenient way to eat more fruits and vegetables.

**Tip 3: Go for Variety**

To get the most nutrients and eliminate mealtime boredom, eat a wide variety of fruits and vegetables. If your usual repertoire is limited, set a goal to try a different fruit or vegetable each day or week.

**Tip 4: Make Substitutions**

You can alter several of your favourite recipes to include more fruits and vegetables. For example, when making beef stew, reduce the amount of beef by half, increase the carrots and potatoes, and then throw in a can of

peas or corn.

**Tip 5: Try different cooking techniques**

You might be foregoing certain vegetables because you aren't sure how to cook them. Investing in a good cookbook can be helpful, but here is a bit of some basic guidelines:

a) Potatoes, sweet potatoes, carrots, butter-nut squash or any other kinds of squash can be oven-roasted, cooked in the microwave or boiled.

b) Peppers, onions, zucchini and summer squash are good sautéed or stir-fried.

c) Asparagus, broccoli, cauliflower, carrots, green beans are best steamed on the stovetop.

**Tip 6: Add Flavour**

Many vegetables are naturally delicious, but some get even better when seasoned properly. Experiment with herbs and spices, such as garlic, onion, curry, cumin, parsley, basil, oregano, thyme, dill and garlic powder. Steam or sauté vegetables in chicken, beef or vegetable to add flavour.

**Tip 7: Sneak them in**

Sometimes you can add vegetables and fruits to a dish and not even realize they're there. For example, add shredded vegetables, such as zucchini, squash and carrots, to meat loaf, or homemade burgers and casseroles.<sup>9</sup>

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# SPORTS

## AEROBATHON A SUCCESS BUT ATTENDANCE WANES!!

by Ed

A bewildered spectator glances among the sweat clad bodies on the gym floor, amazed by the magnitude of this not-so-typical aerobics class. "I don't know how they do it, but they wouldn't catch me out there", he snickers and walks away nodding.

This was a typical reaction, with many passers by looking on the 12th Annual Aerobathon finding it hard to resist the energetic atmosphere. Most simply couldn't walk by without stopping and witnessing the sheer frenetic pace of the event, and some even gawked for hours. As much fun it seemed to watch, it was much more fun to participate, though four hours of aerobics hardly seems like something to just 'up and do'. Yes, this event was for athletes and it was the perfect platform for fitness buffs to display their athletic fortitude. But why you ask?

Like any other test of wills, the thrill is completion, to finish, and to ultimately achieve a goal. Of the hundred and fifty or so participants on this cool October Wednesday, every one of them felt a sensation of tingling achievement. Or was it mind numbing pain? Well, it doesn't matter, they still finished.

As easy as it was to admire everyone who endured four hours of high lactate threshold, it's the goal of the Aeroba-thon that is the true source of the student's determination to finish.

With the Aerobathon hailed as one of George Brown's most successful fundraising drives, the students of the Fitness and Lifestyle Management Program (FLMP) and student Varsity Athletics work hard to muster extra money for their respective programs. Obviously, the more money raised results in enhancing the students' experience here at George Brown College.

This year's Aerobathon was deemed a success by many, with an excess of \$5200 raised by both FLMP and Athletics. Also contributing to the success was the tremendous support by the sponsors, donating prizes for the top three pledge getters and several of the draw prizes.

But as successful the Aerobathon seemed to most who participated, the problems of attendance (or lack thereof) by varsity athletes continued. Over the years, the participation by varsity athletes have diminished considerably, with this year reaching an all time low. This perhaps reflects the spirit of the varsity athlete, which reveals lackadaisical commitment on the students' part. To their credit, varsity athletes come from diverse programs and families, and scheduling conflicts with the Aerobathon are common. This is unlike their Fitness and Lifestyle counterparts, who have the Aerobathon as part of their course curriculum, requiring everyone to attend. Nevertheless, reasons to miss the Aerobathon may be plenty and justifiable (such as exams and assignments) but their lack of presence still impacts those who

have planned well ahead of time and prioritized efficiently.

In addition, it is doubly unfair to those in the Fitness and Lifestyle Management Program who have spent much of their efforts in planning and organizing the event. Here we have Athletics collaborating with FLMP to create a team to produce a high class event, and only 10% of the participants are varsity athletes. How is this a team? As with any team there has to be a balance, and in order for the Aerobathon to gain attendance by varsity athletes, there must be a way to rethink the scheduling and provide further incentives to make it a priority in the athlete's

planning process. Until then, the Fitness students will just have to come and save the day. Special thanks to our sponsors: Snow Valley, KFC, All Seasons Sport & Cycle and The Sports Clubs of Canada.

Top pledge getters for Aerobathon 2000

1. Janine McDonald, Fitness and Lifestyle Management Program, \$219  
2. Maria Cheung, Baking Pre-Employment, \$190.25

3. Marty Lolarga, Fitness and Lifestyle Management Program, \$170.00  
Special thanks to all our sponsors:

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The Sports Clubs of Canada  
Snow Valley



## Women's Soccer Program at Risk of Being Cut

For the second year in a row, the women's soccer team has had atrocious player commitment. This has resulted in several games being played with a player or two short, often exhausting the players and making them especially susceptible to injury.

Aside from the 9 players who've consistently come to every game, there has been little or no commitment from the other 9 on the 18 person roster that began the season. The reasons for this attrition are unclear, whether it be due to conflicting classes, work schedules, or heavy school load.

Regardless of the reasons, it does not reflect positively on the Athletic Administration in the decision of continuing the program for next year. "Our goal is to provide as many programs to the students as possible", says Alex Barber, Manager of Athletics and Student Life, "but with only 9 girls coming to games, how are we supposed to justify keeping it going?". It is truly a commitment issue, not a performance issue. In fact, even with 9 players at every game, the women Huskies are competing very well with the top teams in the province. This year would prove our most powerful scoring forces in a long time, with the likes of 1st year dominating tandem of Zenaida Rodriguez and Kim Clarke. It would be a shame to lose such potential due to cancellation.

Coach Warren Green claims "If we had a full squad, we'd be guaranteed in the playoffs. With such high hopes at the beginning of the season, there is all but frustration in the end. Many of the games start off with a strong performance but fall short in the second half, usually due to fatigue. The shortage of players also allows opposing teams to collapse on our stronger players, wearing them out to almost complete exhaustion. This is a risk Athletics cannot take, jeopardizing the athletes to injury for the sake of playing extra hard in order to compensate for lack of players.

As frustrating as it is for the Athletic staff, it's twice as perplexing for the players. For many of the experienced players who have committed much of their time towards soccer, and clearly committed to the Huskies, it brings on a new realm in defining the word 'team'. "I've never played on a team like this before", exclaims Sonia Furtado, a defender on the Husky quad. "I'm so used to going to games and having lots of subs there" Furtado continues, "now I look over at the bench and there's no one". It's a unique issue for sure, especially for the players coming from other soccer programs, and it has to be addressed.

Cutting the program is the last resort. There must be a full evaluation at the end of the season, which involves looking at aspects of recruiting, access to facilities, and the desire of returning players. Only then after all these aspects are carefully considered, will George Brown, for the first time in 12 years, risk not having a team for the upcoming season.

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# HEALTH & FITNESS

## Friendship for Health

by Maribelle Bacod

True friends are people you can be natural with, confide in, trust, depend on, and who will also be frank when you're being foolish. Don't expect more than handful in your life.

One key to friendship is a similar sense of humor. You can be nutty, wacky, goofy around your friends - kid them to death. Friendship is as friendship does.

## RECIPE FOR THE WEEK:

### - Roasted Pumpkin Soup -

**Serves Four**

by Jenny Hoseman

As the leaves on the trees lose their summer green in order to take on the festive colors of autumn, light summer fare is replaced with dishes that are both filling and comforting. This delicious soup is perfect on a chilly fall day and can be frozen for up to six months.

1 small pumpkin or 1/4 of a large pumpkin (approx. 2 lbs.)  
 4 tablespoons maple syrup  
 1 teaspoon ground cloves  
 2 teaspoons ground ginger  
 1 teaspoon ground cinnamon  
 1 teaspoon ground nutmeg  
 2 cups vegetable broth (can be substituted with 2 cups water and 2 tbs. Salt)  
 2 shallots or 3 tablespoons onion, minced  
 1 teaspoon butter  
 1/4 cup heavy cream or evaporated skim milk  
 maple syrup to garnish

Preheat oven to 350 F. Cut the pumpkin into quarters and remove all the seeds. Using a fork pierce the flesh of the pumpkin. Drizzle maple syrup over pumpkin and then sprinkle equal amounts of the cloves, ginger, cinnamon and nutmeg. Place on a baking tray and put into the oven for approx. 25 minutes or until the pumpkin is tender.

Remove from oven and allow to cool slightly before scraping the flesh of the pumpkin into a food processor. Puree until smooth. In a large sauceman melt the butter over medium heat and sauté the onions or shallots until transparent but not brown. Add the vegetable stock and roasted pumpkin. Bring to a gentle boil, stirring often. Season to taste with salt and pepper. Serve immediately in bowls with a drizzle of the cream and maple syrup for garnish.

## Genital Warts



The thought of them may make you cringe, but HPV - the virus responsible for genital warts - is the most common viral sexually transmitted disease today.

*You could be infected and not know it.*

Talk to your doctor, health clinic, visit your school's website or visit [www.ashastd.org](http://www.ashastd.org)

## MoVe To ThE MuSiC

by Maribelle Bacod

Do you hate to exercise but love the way you feel afterward? Then, consider plugging into some music while you move. It could be the key to getting more enjoyment out of your workout. Listening to music while you exercise helps you relax, focus and perform better. Lots of people use music to take their minds off the fact that they're hot, sweaty and stretching their muscles to the limit. I know that when doing aerobic bench-stepping while listening to music don't get tired as fast and the music helps them do the steps with less confusion. Music also can be used to get you psyched up, or get you to focus and calm down, depending on what you need. An example? Runners before a race. Some will listen to intense music to get them going, while others will listen to slower music to calm their anxiety. Music also makes you enjoy your workout more by improving your mood. And, if you enjoy your workout, you're more likely to do it again soon.

## What's in a Tattoo?

**-Personality traits shine through-**

by Maribelle Bacod

Tattoos seem very popular -- but what do they reveal about the people who have them? Generally, people with tattoos consider themselves more adventurous, creative, artistic, individualistic and risky than those without tattoos.

Tattoos are not only just skin deep, to some, a tattoo is something you discover on

yourself after a particularly lively night on the town.

A tattoo is a snapshot of the inner self that happens to be on the outer self.

Perhaps one thing that [people with tattoos] seem to share is the desire to be an individual & the desire to somehow express their uniqueness or to stand out in some way. You cannot generalize about tattoos, but certain reasons for tattooing tend to emerge more often than others.

\* First, the desire to stand out, which is carried to striking extremes by high-profile tattoo artists whose designs are hot items at tattooing conventions.

People collect work by favorite artists, on their bodies,

\* Second, the need to assert authority over something, if it's only your own biceps. It's no accident that tattoos have traditionally flourished outside society's mainstream on gang members and punk rockers, for instance.

\* Third, youthful rebellion, which seems to be fueling a surge in tattoo popularity among teens and twenty-somethings.

\* Finally, a new tendency to use tattoos to cope with traumatic experiences. Sometimes the tattoo can be used to signal a life change.

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# ENTERTAINMENT

## Origami Contest Ends with Inferno

by Ryan Churcher

What began as a showcase of beauty turned into a tragedy. Last week's Origami Expo at the Victor Poubel Auditorium ended Friday with a three-alarm blaze. Witnesses claim a fire broke out just as the exposition was about to close, reducing the facility to cinders. No one was hurt, but the city lost a treasured part of its architectural heritage.

Competition began at approximately 9:30 PM. The evening was to finish with an award ceremony honouring the best paper sculptures on display throughout the week. Patrick Keogh's last-minute entry, "Baseball," took first prize, angering a group of origami fundamentalists.

Contestant Karen Quan King explains it was a highly unconventional win. "This 'Baseball' was just a sheet of loose-leaf paper crumpled into a ball. With all the cranes, shrines, and other [traditional sculptures] in

the competition, nobody could believe it even ranked." Judge Hiroburo Tanaka asserts Keogh's creation was "simply beautiful," standing by his decision and that of the majority of other judges. He continues by saying such hostility was "totally uncalled for."

Presentation of the grand prize was interrupted when several representatives of the right-wing group stormed the stage in protest. The fundamentalists, all of whom ranked poorly, pushed aside Keogh and several officials. A loud argument broke out between the judges and the intruders, who then allegedly lit the prizewinning sculpture aflame. Witnesses say the copious amount of lighter fluid used splashed several other displays, spreading the fire onto the show floor. The audience became frantic, and raced toward exits. The aging facility could not quell the blaze. Judge Tanaka claims alarm bells rang on for minutes without activating the sprinkler system, a claim the fire department has yet to verify. By 10:30, the 48-year old Auditorium was little more than a burnt allusion to its former self.

"I've never seen such a gross display of unprofessionalism in my entire career," exclaimed Ryu Kanawa, president of the International Society of Paperfolders. "It's a stain on our artform...on our very souls."

Mr. Keogh, winner of the contest, could not be reached for comment.

## K-Sera, Sera

Dear K-Sera Sera,

Recently I was using my boyfriend's computer and noticed that he had links to almost 100 porn sites. I also noticed that he turns off the computer a lot when I come into the room. I don't mind that he has them so much as I mind the fact that he is trying to hide it from me. I don't mind if he looks, however I would mind if he was having one of those 'cyber' sexual relationships. Should I confront him or mind my own business?

Sincerely,  
Suspicious

Hey Suspicious,

He's cruisin' porn sites? There is an

upside to all of this. At least he can say 'look ma no hands'.

You could always enjoy his habit with him. You had better lock the door. That is one way of looking at it, and another way is to say 'My boyfriend's kinky and I know what he does behind closed doors'. @ least you know where he is. The computer isn't portable.

\* \* \* \* \*

Dear K SeraSera,

I have a girlfriend that has been spending all her time in chat rooms, chatting up strange men. She has confided in me that their conversations are quite sexual. I have just found out that she has travelled

to distant re de vous with some of these unknown men. I have warned her about the dangers of this behaviour. I am wondering if I should continue being her friend, being that she is displaying such stupid behavior, also such trampish behavior.

P.S. - She is married.  
Signed,  
Fickle Friend

Dear FickleFriend,

Your girlfriend is living in La La Fantasy Land. Your tight friends. She'll get it right  
SomeX it takes friends to live vicariously.  
In the long run.. As long as your friend knows that you're around, everything should be FINE.

Do you need to know something about yourself, your lover, your friends.....HAHA Let me help.  
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## URGENT NOTICE

To All Students Planning to Travel During Christmas



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## IN FOCUS

by Sera Gordon

### What do you think of the cafeteria food?



EVER

"Food and Beverage services  
...it's ok, everything is alright."



CHRISTINE

Graphic Arts

"...too expensive for what you get."



MARK

Graphic Arts

"...they need more variety, and a healthier food selection."

## WEB DESIGNER NEEDED!

(lots of experience required)

Contact Allan Stokell, Student Association Communications Manager at  
416-415-2710

Hello again to all our loyal fans! I know that you missed us terribly but we have returned to share with you our views on the new Christopher Guest movie **"Best In Show"**.

But first, I have to share with you a star sighting. There I was, waiting for He and She at the Varsity Cinema, when lo and behold, out walks James Woods. For those of you not familiar with James Woods - you haven't been out much in the last ten years. I bring up this matter because we are adding a new section to our review entitled "Celebrities Around Town". So come on people, if you had a celebrity sighting and would like to share it with us, email He and I at [heandshe@hotmail.com](mailto:heandshe@hotmail.com). And now, on with the show.

### **Best In Show**

Starring: Christopher Guest, Parker Posey, Eugene Levy and Catherine O'Hara.

**He Said:** For a movie about Dogs, Dog Shows, and crazed Dog owners, "Best In Show" is the Cats Meow! There are so many wonderful moments about this movie that it's hard to pin point what

makes it probably one of the most enjoyable films to come around in a very long time. Although a majority of the films dialogue is performed in that infamous SCTVesque style of adlib meets babble, the film never drops a beat, never loses a laugh and makes you want to believe that these characters and their smiling pooches could

actually be everyday ordinary Dog owners. And with a pooch like Winky...well, he got my vote. With "Best In Show", director Christopher Guest has finally perfected his mocumentary film style.

**Grade: A**

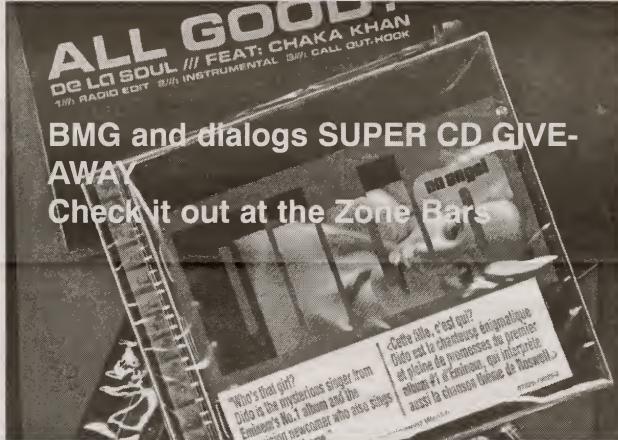
**She said:** I was so excited to see this film...I watched an actual dog show on TV to get in the groove. Dog

shows are competitive and a tad bit strange. I sat there watching judges fondle private parts of basset hounds, bloodhounds and terriers to come up with a winner. Personally, I didn't have to fondle anyone to make my judgment - "Best in Show" is the

**Best!**

Much like the film "Waiting for Guffman" (another I would whole heartedly recommend) written by Christopher Guest and Eugene Levy, this film follows some rather interesting dog owners and their pooches as they make their way to the annual "Mayflower Dog Show". Filled with a cast of very bizarre characters, you will find yourself laughing out loud at the antics of Hubert the bloodhound, Beatrice the Wiemeraner, and Butch the standard poodle. If you love dogs, you will thoroughly enjoy this movie. If you don't like dogs, but love comedy, you will still enjoy this movie. If you don't like comedy or dogs, I have one question - are you human????

**Grade: A+**



## Protecting your health.

Barbara Beattie works with her detector dog Rookie and her colleagues at the Canadian Food Inspection Agency. They help stop forbidden items from entering Canada that could damage our plants and animals or contaminate our food supply. This is just one of many services aimed at protecting the health of all Canadians.

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# HOROSCOPES

by Maribelle Bacod

## ARIES March 21 - April 20

A longstanding project will approach completion. No one has to tell you what your job is, you'll feel it. You've given enough over the years, and now is the time to ask for something back. Don't let pride stand in your way of accepting bonuses or gifts. Stop looking ahead so far and try to lose yourself in the heat of the moment. You come fully equipped with all the tools you need. Let the wind lift you off the ground and drop you where it will. Every story is an open book with a happy ending. Someone could push an old button, and the laughter stops dead. Unless you're ready for some soul-searching, it may be easier to pretend that this never happened.

## TAURUS April 20 - May 21

You may have to break out of a mold of conservatism that is not really descriptive of you at all. You may work more closely with a partner or mate who values your unique abilities. Use your time as productively as possible. In order to achieve the trust of others, you need to take a look at how you treat them. Don't take promises from family members too personally. If those you love tend to let you down, try to realize that they mean well. There is always a tendency to over schedule time and energy or just forget things that are on the agenda. If possible, find humor in the situation. Make a conscious choice to accept the occasional turmoil. Look at it as an outward expression of a close and dynamic family.

## GEMINI May 22 - June 21

Take a look at the truth of any situation, no matter what anyone else might say. People may mean well, but your best bet is to get all agreements in writing. Try to see external events as a mirror for your own growth. Close the door to interruptions and to people who take up your precious time. Language is a tool you'll be able to use with great skill and power. You may be able to manipulate the right people to make your dreams come true. You'll have the first pick on any offer you want. You'll shine in any conversation, if only you can find someone who isn't too overwhelmed by your aura, to speak to you. Expect the unexpected in work or play.

## CANCER June 21 - July 22

You need to look at the situation from different perspectives. Listen to what your friends are telling you. You need to make a clean break from the negative forces from the past. Someone else may get all the glory, but you'll learn an invaluable lesson, that will take you to even greater triumph. You may not have fallen as far out of the race as you might have feared. Your future will look even more brighter than you anticipated. Social events will allow you to enjoy the company of friends, you cherish. Look towards the future & don't look back.

## LEO July 23 - August 23

You could get used to your current level of ease and happiness. Life may not always be this wonderful, but you'd do well to find a formula that you can repeat when the mood dictates. You have been very sensitive to others feelings & now need a little tender loving care yourself. A heart beat will be more receptive than a critical mind. Harmonic vibrations will mount to passionate trembles. By week's end, you might find yourself in the arms of the most unlikely person imaginable. No limitations will seem to apply. You can accomplish just about any goal you try, this week.

## VIRGO August 24 - September 22

Think of others, even though adding them to the equation only makes it a more complex one. You are a very generous person, but someone's request may be going a little too far. You risk taking on too much if you serve as anything more than a willing pair of hands. Unfortunately, funds seem to run through your fingers. Avoid losses with real estate, land, or property by exercising the utmost care in negotiations. One simple clarification might save you from making a mistake.

Sometimes it takes a bold move to break free of your restraints. Once your plans are firmly in place, romance may begin to happen. In your personal life, you'll want to be involved in everything your loved ones do.

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## LIBRA September 23 - October 23

Your intuitive logic is flawless right now. There are still a few questions that must be answered. Don't worry about order, structure, or editing. They will be right on target, once you realize that a gentler approach will get the desired results. You will enhance your reputation if you help friends or relatives with personal problems. A new project that seemed more like a distraction, could prove to be the ideal answer to your problem. You don't need to have an extreme experience to be motivated. You have your finger on the pulse. Don't waste time dancing around the edge when you could be diving into the thick of things.

## SCORPIO October 24 - November 22

Make the effort to stay on top of a difficult situation. Give others the benefit of the doubt, their hidden talents may surprise you. Creativity blossoms under the most hectic of conditions. Put your pen to paper or your fingers to the keyboard. There may be something you feel you need to prove to yourself. You could overwhelm a partner, slightly with your leadership abilities. Pay attention to fleeting images and thoughts. Allow others the same freedom you wish for yourself. You still have a say in the situation, even though it might not appear that others are listening to your direction. Fleeing the scene is on your mind, but don't be so hasty.

## SAGITTARIUS November 23 - December 21

You need to get ready to accept all the good things that are coming your way, because this is a perfect time for new starts and there are indications of fabulous financial conditions. Seek out some new places and people & enjoy the relief from tensions you are carrying. Let others lead the way with laughter and smiles. Your ultimate stroke of charm is your ability to laugh at yourself. Just a few words can make all the difference. Adventure will present itself at every turn. If you think that other people may stop you or tell you that your actions are unwise, keep your plans to yourself. See what kinds of surprises await you. This is one time when you shouldn't care if you make a spectacle of yourself. You will be filled with new resolve regarding your home and family.

## CAPRICORN December 22 - January 20

Anything that is related to partnership activities or your home life could be a source of uncertainty. Give yourself permission to be flexible and make sure that all contingencies are understood at the outset. You still have a little time to play the waiting game, but keep your objectives clear. Knowing other people's motives will help you to narrow down your options. Review your behavior from a great emotional distance. An impractical solution will only waste the time of everyone involved. You may find it somewhat scary to react impulsively to pure instinct. Routine may be comforting, but the prospect of change is tantalizing.

## AQUARIUS January 21 - February 18

Your frustration level threatens to soar. You need to control your temper. Try not to take immediate action that you may regret, later. Interactions with others could be less than rewarding. Dreams of glory are in the air and friends and associates may tend to promise more than they can deliver. Even well-intentioned people will seem as if they're trying to interfere. Mind your own business and advance in solitude. There are no accidents, just consequences to your actions. Some activity may need to be eliminated if you are to meet all of your obligations. A lucky break won't do you much good if you're unprepared to act on it. Be prepared!

## PISCES February 19 - March 20

Try not to go overboard with promotional efforts or the additional expenses. You may be uncertain whether you should take the next step toward a more exciting life or maintain the status quo. Find a balance between the excitement that goes on around you and your need for stability. Once you feel comfortable with yourself, you'll be able to go with the flow. Stop obsessing about your career and take a closer look at the outside world.

You can accomplish a lot as long as you remain consistently energized. Achieving genius may take great effort, but it all depends on the medium in which you choose to express yourself. A partner or your mate may appear to take the easy way out and ignore your struggle to balance everything that's going on around you.



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